

"Festive Family Thanksgiving Cookbook"

Recipe

Cranberry-Apple Sauce

Serves 8 ● Preparation And
Cooking Time 20 minutes

$\frac{3}{4}$ cup apple juice

$\frac{1}{4}$ cup or 4 oz of applesauce

1 - 16 oz can of whole
berry cranberry sauce

1 cup apple, peeled, cored,
chopped finely

Combine all the ingredients in a medium saucepan and bring to a boil. Boil gently for 5 minutes, reduce heat and simmer for 15 more minutes. Remove from burner, cool and refrigerate.

Nutrition Facts Per serving:

109 Calories, 17 mg Sodium,
not a significant source of Fat,
Saturated Fat, or Cholesterol.

Nutrition Tip:

"Apples complement the cranberries and furnish enough sweetness to make this traditional sauce without additional sugar. This can be made five days ahead and kept refrigerated."

Jeanne Silberstein, MPH, RD

